Spiritual Care

Chaplain Sam Seicol
Samuel_Seicol@meei.harvard.edu

From a train speeding by, a moment in time briefly seen;
The nearby beach pristine, now empty and clean;
In the distance sailboats navigate, ‘neath a clouded sky;
Gives pause to ponder and reflect, even as life races by.

Standing watch on the shore of life’s gentle flow;
Feeling exposed and unprotected from nature’s course;
Rooted firmly in the boundary ‘tween land and water;
Bolstered by visions of colorful covers that remain;
A lone sentinel standing patiently strong
Until fresh growth emerges anew.

Upon Entering 2023
Looking forward, looking backward, pause to reflect;
Changing calendars, the year’s number advances;
Ponder lessons past, aspire to shape the future;
Savor times of transition to strengthen the now.

Evening out the colors of day now at end:
Softening vision as earth and heavens blend;
Traces of day remain with entrance of night;
The dark sky yet will flow with sparkling might;
Nature’s glorious cycle on the mind is pressed;
Offering hopes and dreams at the time for rest.

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